

## 卑詩衛生及家居護理會 (Health and Home Care Society of BC)

### 中餐送餐服務 – 四週之午餐菜單

2018	星期一	星期二	星期三	星期四	星期五
<b>第一周</b> 1月 8-12 2月 5-9 3月 5-9 4月 2-6 4月 30 - 5月 4 5月 28 - 6月 1 6月 25-29 7月 23-27 8月 20-24 9月 17-21 10月 15-19 11月 12-16 12月 10-14	清補涼湯 梅菜蒸魚 時菜	紅腰豆豬脰湯 香草焗雞肫 什菜豆	粟米豬橫膾湯 肉鬆蒸蛋 時菜	淮杞雞湯 洋葱蕃茄炆魚塊 時菜	合挑蓮子豬脰湯 柱候醬海鮮豆腐 時菜
<b>第二周</b> 1月 15-19 2月 12-16 3月 12-16 4月 9-13 5月 7-11 6月 4-8 7月 2-6 7月 30 - 8月 3 8月 27-31 9月 24-28 10月 22-26 11月 19-23 12月 17-21	黑豆豬脰湯 豉油雞肫 什菜豆	蘋果排骨湯 沙爹醬海鮮粉絲 時菜	紅青蘿蔔豬脰湯 蘿蔔炆魚塊 什菜豆	淮杞豬脰湯 冬瓜雲耳粉絲炆雞 時菜	粟米火雞湯 榨菜肉鬆豆腐 時菜
<b>第三周</b> 1月 22-26 2月 18-23 3月 19-23 4月 16-20 5月 14-18 6月 11-15 7月 9-13 8月 6-10 9月 3-7 10月 1-5 10月 29 - 11月 2 11月 26-30 12月 24-28	眉豆, 花生雞腳湯 豉汁豆腐蒸魚 時菜	清補涼湯 洋葱炆雞翼 時菜	鯿魚節瓜湯 西式焗豬扒 什菜豆	白菜乾湯 粟米魚塊 時菜	參鬚豬脰湯 葡汁薯仔炆雞 什菜豆
<b>第四周</b> 1月 1-5 1月 29 - 2月 2 2月 26 - 3月 2 4月 26-30 4月 23-27 5月 21-25 6月 18-22 7月 16-20 8月 13-17 9月 10-14 10月 8-12 11月 5-9 12月 3-7	黑豆老雞湯 沙薑雞肫 時菜	西洋菜湯 冬菇火腿蒸魚塊 時菜	木瓜雪耳花生湯 豉椒味菜雞肉 什菜豆	粟米紅蘿蔔豬脰湯 粟米肉粒 時菜	冬菇雞腳湯 海鮮蒸蛋 時菜

- 如需要華語服務, 請於辦公時間內, 星期一至星期五, 上午 8:30 至中午 4:00 致電 604-733-6615
- 請在送餐時間內 上午 10:30 至中午 1:00, 留在家裏待接午餐。為了你的安全, 當你不在家時, 義工不會留下你的午餐。
- 如需要改餐或取消送餐服務, 請必須在前一個工作日的中午前通知, 否則仍照常收費。
- 請注意! 公眾假期是不會提供送餐服務。

午餐發票每月寄出, 付款可用信用卡, 支票或銀行本票。義工是不許代收付款。現金付款, 請親臨卑詩衛生及家居護理會的辦事處(不設找贖)。



## Health and Home Care Society of BC - Chinese Meals on Wheels Menu

2018		Monday	Tuesday	Wednesday	Thursday	Friday	
<b>WEEK 1</b>	Jan 8-12 Feb 5-9 Mar 5-9 Apr 2-6 Apr 30-May 4 May 28-Jun 1 Jun 25-29	Jul 23-27 Aug 20-24 Sep 17-21 Oct 15-19 Nov 12-16 Dec 10-14	<i>Chinese Herbal Soup</i> <b>Steamed Fish with Preserved Vegetables</b> <i>Seasonal Vegetables</i>	<i>Red Kidney Bean and Pork Shank Soup</i> <b>Baked Chicken with Italian Seasoning Herbs</b> <i>Seasonal Vegetables</i>	<i>Sweet Corn and Pork Spleen Soup</i> <b>Steamed Egg with Minced Pork</b> <i>Seasonal Vegetables</i>	<i>Chinese Herbal and Chicken Soup</i> <b>Braised Fish with Onion &amp; Tomato Sauce</b> <i>Seasonal Vegetables</i>	<i>Walnut, Lotus Seed and Port Shank Soup</i> <b>Braised Seafood and Tofu with Chu Hou Sauce</b> <i>Seasonal Vegetables</i>
<b>WEEK 2</b>	Jan 15-19 Feb 12-16 Mar 12-16 Apr 9-13 May 7-11 Jun 4-8 Jul 2-6	Jul 30-Aug 3 Aug 27-31 Sep 24-28 Oct 22-26 Nov 19-23 Dec 17-21	<i>Black Bean and Pork Shank Soup</i> <b>Baked Chicken Drumstick with Soya Sauce</b> <i>Seasonal Vegetables</i>	<i>Apple &amp; Pork Rib Soup</i> <b>Braised Seafood and Vermicelli with Satay Sauce</b> <i>Seasonal Vegetables</i>	<i>Carrot, Green Turnip and Pork Shank Soup</i> <b>Braised Fish with White Turnip</b> <i>Seasonal Vegetables</i>	<i>Chinese Herbal and Pork Shank Soup</i> <b>Braised Chicken with Winter Melon, Cloud Fungus &amp; Vermicelli</b> <i>Seasonal Vegetables</i>	<i>Sweet Corn &amp; Turkey Soup</i> <b>Braised Minced Pork &amp; Tofu with Preserved Vegetables</b> <i>Seasonal Vegetables</i>
<b>WEEK 3</b>	Jan 22-26 Feb 19-23 Mar 19-23 Apr 16-20 May 14-18 Jun 11-15 Jul 9-13	Aug 6-10 Sep 3-7 Oct 1-5 Oct 29-Nov 2 Nov 26-30 Dec 24-28	<i>Chicken Feet, Peanut &amp; Black Eye Bean Soup</i> <b>Steamed Fish &amp; Tofu with Preserved Bean and Garlic Sauce</b> <i>Seasonal Vegetables</i>	<i>Chinese Herbal Soup</i> <b>Baked Chicken wing with Onion</b> <i>Seasonal Vegetables</i>	<i>Dried Octopus and Vegetable Melon Soup</i> <b>Baked Pork Chop, Western Style</b> <i>Mixed Vegetables</i>	<i>Dried Bok Choy Soup</i> <b>Baked Fish with Sweet corn Sauce</b> <i>Seasonal Vegetables</i>	<i>Chinese Ginseng and Pork Shank Soup</i> <b>Braised Chicken with Carrot and Potato, Portuguese Style</b> <i>Mixed Vegetables</i>
<b>WEEK 4</b>	Jan 1-5 Jan 29-Feb 2 Feb 26-Mar 2 Mar 26-30 Apr 23-27 May 21-25 Jun 18-22	Jul 16-20 Aug 13-17 Sep 10-14 Oct 8-12 Nov 5-9 Dec 3-7	<i>Black Bean and Chicken Soup</i> <b>Baked Chicken Drumstick with Galangal Sauce</b> <i>Seasonal Vegetables</i>	<i>Watercress Soup</i> <b>Steamed Fish with Chinese Mushroom and Ham</b> <i>Seasonal Vegetables</i>	<i>Papaya, Peanut and White Fungus Soup</i> <b>Braised Chicken with Salt and Sour Vegetables, Black Bean &amp; Garlic Sauce</b> <i>Seasonal Vegetables</i>	<i>Sweet Corn, Carrot and Pork Shank Soup</i> <b>Braised Diced Pork with Cream Corn Sauce</b> <i>Seasonal Vegetables</i>	<i>Mushroom and Chicken Feet Soup</i> <b>Steamed Egg with Seafood</b> <i>Seasonal Vegetables</i>

- For service in Chinese please call 604-733-6615 **Monday to Friday between 8:30 a.m. and 4 p.m.**
- Client must be home **between 10:30 a.m. and 1:00 p.m.** in order to receive delivery.
- For safety and FoodSafe reasons, volunteers will NOT leave meals outside the door.
- Changes and cancelation of meals must be made before noon of the previous business day.
- PLEASE NOTE! Delivery is **not** available on **Statutory Holidays**.

*Invoices are mailed to out at the end of each month. Payment can be made by Visa, Master Card, cheque, or money order. Volunteers are not permitted to accept payment upon delivery.*

Health & Home Care Society of BC, 204 – 3077 Granville Street, Vancouver, BC, V6H 3J9 Phone (604) 733-6615 Fax (604) 733-6698